

Carmichael Times



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Volume 31 Issue 42

Serving Carmichael and Sacramento County since 1981

October 19, 2011

"Convoy" Brings Help at Cal Expo



The SCOH will distribute between 400,000-500,000 lbs. of goods to the approximately 15,000-20,000 individuals expected at the event this year. Photo courtesy of SCOH.

By A. Weaver

Sacramento Region—In the United States, approximately one in five children live at or below the poverty line, and in Sacramento, about 18 percent of families and 22 percent of individuals are living below the poverty level.

To help these individuals, the Sacramento "Convoy of Hope" organization will be hosting a one-day, event, on Saturday, November 5, 2011, at Cal Expo, from 10 a.m. to 3 p.m. The event is free to the public and parking is free. No ID is required.

The Sacramento Convoy of

Hope is a local, non-profit organization, providing food for the hungry and relief for people in crisis. Their mission is to feed people in the United States and around the world.

According to SCOH coordinator Robin Smith, "We are trying to bring a day of hope to our city, especially since the last few years have been hard on the majority of people."

This local event will aid the growing number of underprivileged, unemployed/underemployed and homeless families and individuals living in the greater Sacramento area, and provide

necessary goods and services to meet their most basic needs.

All interested parties will be provided goods and services, free of charge. The services include on-site hot meals, free social services /educational assistance, free medical screening, free job fair, free entertainment for the entire family, free "Kid's" Carnival, free hair cuts, free clothing, free groceries.

The SCOH is a neighborhood partnership between local area businesses, churches, social services, educational and medical professionals, and more.

"We want to show that our

community can come together and help take care of our less fortunate citizens," said Smith.

Since its inception in 1994, the COH has helped more than 60 million people in more than 100 countries. In that time, nearly \$200 million worth of food and supplies has been dispensed to people in need.

The SCOH will distribute between 400,000-500,000 lbs. of goods to the approximately 15,000-20,000 individuals expected at the event this year.

This all-volunteer event brings together hundreds of area residents, businesses, community agencies, service organizations, professionals and churches to put on this sizeable event.

During this economic downturn, with both national and state unemployment at record highs, critical needs are not being met through traditional means. More than 37 million people are living in poverty in our country, and over six million are in California alone. Families with children make up 40 percent of the US homeless population.

To donate, please make checks payable to Sacramento Convoy of Hope, COH

1524 Santa Ynez Way, Sacramento, CA 95816.

For more information, contact Robin Smith, coordinator, Sacramento Convoy of Hope (916) 549-9922.

Sources: SacramentoCOH.org website; United Way; US Census Bureau; Step Up California; National Coalition for the Homeless.

Soaring Works of Art Take Flight at the Airport

Sacramento Region — Twelve major public artworks are premiering in this month with the opening of the new terminal at the Sacramento International Airport. The general public got its first look at the art as airport passengers from everywhere departed from the new Central Terminal B on October 6th.

The terminal is the largest construction project in the history of Sacramento County, and the artworks there represent the largest public art project in the history of the Sacramento Metropolitan Arts Commission. These public artworks, shepherded by the commission's Art in Public Places program, are both an integral component and featured attraction of the new terminal.

Each of the 12 artworks activates and responds to the larger environment of the terminal—conceptually and architecturally. They range in scale, form and materials from a 56-foot sculpture of a red rabbit suspended in the building's atrium to a multi-story interactive video installation to finely-crafted mosaic floors. The artworks also serve a function: ten of them line the terminal's central spine, guiding passengers through the facility, and one piece points passengers to baggage claim.

"The artworks are seamlessly integrated into the new terminal, resulting in architecture that is strengthened by art and art that is more powerful because of a well-designed building," says Art in Public Places Director Shelly Willis.

Three of the twelve artists—Suzanne Adan, Gregory Kondos and Joan Moment—are from Sacramento and nine total from the region. All are nationally recognized and award-winning.

Sacramento artist Joan Moment's vibrant blue mosaic floor, titled A Fragment of the Universe, evokes the night sky, outer space, the surface of water and the playful interaction of crop circles and planetary forms. Ned Kahn's 420 steel flags move with the passing Airport's passenger trains, making the wind visible.

Lawrence Argent's monumental red rabbit looks as if it has leapt from the green space on the surface of the terminal to dive headlong into a granite suitcase located in baggage claim. Passersby might think the 56 foot-long rabbit is leaping towards unknown adventure, or running away from something. Children might think of playtime and toys, and adults, images of cleverness, cowardice, good luck, or fertility. But one thing can be reasonably certain: Argent's "Leap" will make

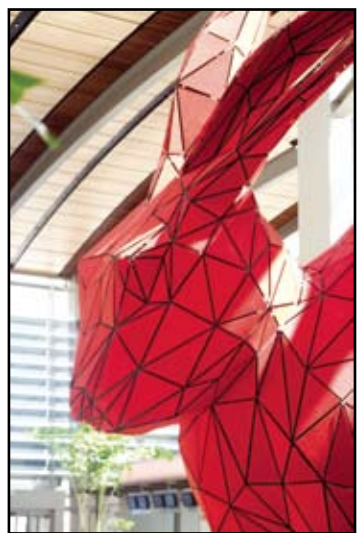


Photo courtesy of Sacramento Metropolitan Arts Commission.

people think. And that is the purpose of the installation.

Bringing the "outside in" was the focus of most but not all of the artists. Po Shu Wang and Louise Bertelsen created a giant, polished, stainless steel sculpture in the form of a French horn, inviting passersby to create music by typing emails translated to sound. Mildred Howard chose to remind travelers of home with a 17-foot hand-blown glass house of reflecting and refracting light that includes fragments of letters written during the California Gold Rush.

"Airports are the gateways to our region, and we're proud that these artworks will play a role in shaping the perception of Sacramento natives and visitors. Public art can transform the identity of a place and is also an economic strategy for Sacramento," said Rhyena Halpern, Sacramento Metropolitan Arts Commission's Executive Director.

Out of the funds allocated for art at the Airport, 15 percent went to artist fees. The other 85 percent went to their contractors, subcontractors, and electrical and structural engineers. The production of the artworks employed more than 150 people—most of them from in and around Sacramento.

The Sacramento Metropolitan Arts Commission is devoted to supporting, promoting and advocating for the arts in the region. Art in Public Places, established in 1977, is a nationally known program founded to expand the experience of visual art in public spaces in and around Sacramento. The Sacramento Metropolitan Arts Commission, found online at www.SacMetroArts.org, is funded by the City and County of Sacramento.

Fiddler, Friends and Hearty Fare at Carmichael Food Fest



Oak Ridge High School students presented songs from "Fiddler on the Roof" at Congregation Beth Shalom's Food Festival last weekend. Zack Royal (rear, with beard) played milkman Tevye. The school production runs weekends from November 3 to 13. Information: www.oakridgedrama.org Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Carmichael — Congregation Beth Shalom's annual food festival last weekend re-exposed palates to Jewish cooking. A fundraiser and outreach event for the congregation, the annual kosher-fest is a 34-year tradition on Carmichael fall calendars.

Catered by local, Berkeley and Los Angeles delis, the day-long feed began with bagels and lox. By lunchtime, diners queued for kosher hot dogs, brisket sandwiches, cabbage rolls and falafels. Desserts included strudels and coffee cakes.

With hundreds attending, the event overflowed into Beth Shalom's courtyard and garden. Craft vendors gave the occasion a Mediterranean market flavor. Live entertainment included selections from "Fiddler on the Roof," performed by teenagers from the Oak Ridge High School (El Dorado Hills) drama department. As part of the congregation's community service, attendees donated blood to the Sacramento Blood Source mobile unit.

Learn about Congregation Beth Shalom (4746 El Camino Ave, Carmichael) at www.cbshalom.org

Gas 64.6¢ More Than Last Year

Sacramento Region—Average retail gasoline prices in Sacramento have risen 2.3 cents per gallon in the past week, averaging \$3.74/g last week. This compares with the national average that has increased 6.3 cents per gallon in the last week to \$3.49/g, according to gasoline price website SactoGasPrices.com.

Including the change in gas prices in Sacramento during the past week, prices were 64.6 cents per gallon higher than the same day one year ago and are 10.6 cents per gallon lower than a month ago. The national average has decreased 12.0 cents per gallon during the last month and stands 66.3 cents per gallon higher than this day one year ago.

"Highlighting what I've reiterated for weeks, we're seeing gasoline prices continue their volatile trend, and this

time that trend is upward," said Patrick DeHaan, GasBuddy.com Senior Petroleum Analyst. "It's important to note that wholesale gasoline prices are now at their highest since early September, when the national average was \$3.66/gallon," DeHaan added.



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Farm Frolics at Capra Park



Four-H Club supporters and miniature geldings Ace and Marshall get a run for their money from the other side of the fence. Capra Farm's larger equine boarders were co-stars at the weekend open day. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Carmichael – Capra Park last weekend opened stable doors to share a vignette of Carmichael's rural past. Visiting kids enjoyed crafts, horse rides and crafts.

A gregarious goat and petite ponies were exhibited by American River 4-H Club members. The organization's ongoing Miniature Horse Project offered learning opportunities in caring for such

pint-sized ponies. The club meets monthly at Deterding Elementary School. For information call (916) 875-6811.

Seven acres of white fences and pastures, Capra Park lies between Van Alstine and Kenneth Ave. It provides a home for equine boarders and a farm manager. In the 1940s, Mary and Claude Capra established the ranch. The animal-lovers adopted many stray or unwanted creatures.

Their movie maker relative Frank Capra – who found Carmichael a respite from the hurly-burly of Los Angeles – frequently vacationed with the couple. After Claude's death, Mary bequeathed the property to the community. Carmichael Park District now administers and hopes to develop Capra Park as a working farm with educational programs.

More open days are planned. For information, call (916) 485-5322.

Eskaton Executive Honored with National Public Trust Award

Carmichael – Stuart Greenbaum, vice president of public relations and brand management for Eskaton, the Northern California aging services organization, was recognized for his "ongoing, positive influence on the public perception of aging services and the aging experience," said Larry Minnix, president and CEO of LeadingAge.

"Public trust is a privilege not easily earned, yet to an exceptional degree, Stuart Greenbaum has advanced public understanding of aging as an active, positive all-inclusive experience," Minnix said. The award was officially presented at the LeadingAge Annual Meeting in Washington, D.C. on October 17. Greenbaum, a 30-year veteran of professional public relations, began his career directing communications for a series of nonprofit groups and government agencies. In 1991 he founded and directed Greenbaum Public Relations, which was ranked among the Sacramento area's top



National aging services organization LeadingAge honored Sacramento native Stuart Greenbaum with its annual Public Trust Award.

firms throughout the nineties. After a brief hiatus to write two books on public relations and philosophy, Greenbaum started in 2006 what he terms his "encore career." His recent positions included directing public relations for the statewide Aging Services of California

and since 2009 working in the similar capacity with Eskaton. LeadingAge's announcement of the award specifically acknowledged Greenbaum's "many innovative multimedia campaigns, books, events, exhibitions and initiatives that have had far reaching success in influencing the attitudes and actions of important audiences." Eskaton's "Thrill of a Lifetime" campaign and other initiatives; the new book Longevity Rules, which Greenbaum edited; and short documentary "Life is a Ball" and a series of TV ad campaigns, produced with creative partner Pilotfish Productions, are available for viewing at www.eskaton.org. Eskaton provides community living and home support for 15,000 older adults living throughout Northern California. The organization is one of several thousand nonprofit aging services organizations worldwide represented by LeadingAge (www.leadingage.org).

River Cats To Host Baseball-Themed Pumpkin Decorating Contest



Winning Entry gets to trick-or-treat with River Cats Mascot Dinger on Halloween

Sacramento Region – The Sacramento River Cats will host a children's Halloween pumpkin decorating contest at Raley Field on Friday, October 28. The winning entry gets the opportunity to trick-or-treat with the River Cats mascot, Dinger, on Halloween. The contest will be held on the Raley Field Ticket Plaza from 4-5 p.m.,

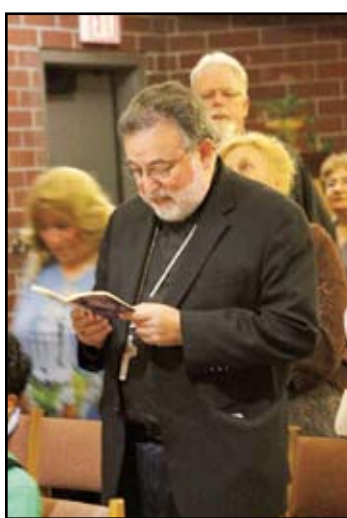
with pumpkin entry check-in from 4-4:30 p.m. All pumpkin entries must be completed prior to the event.

Pumpkin entries must have a baseball theme. The contest is open to children 17-and-under. The winning pumpkin will be decided by a panel of judges. The pumpkin decorating contest winner will have the opportunity to spend Halloween trick-or-treating with Dinger (must be held within

a 50-mile radius of Raley Field). All participants will receive a 2012 River Cats game voucher, which is good for any April and May game.



Bishop Leads Walk for World Peace



His Most Reverend Bishop Jaime Soto. Photo courtesy of Carolyn Aboubechara, Mission Pastoral Advisory Council, Maronite Catholic Community of Sacramento.

From Carolyn Aboubechara

Carmichael - His Most Reverend Bishop Jaime Soto led a Walk for World Peace organized by Our Lady of the Rosary of the Maronite Catholic Church in Sacramento.

On the 13th of October, people from many churches and commu-

nities around the Sacramento area gathered at Our Lady of the Rosary in Carmichael. The walk started at Our Lady of the Rosary by a word of encouragement and enlightenment addressed by Bishop Soto. Fr. Nabil Mouannes explained to everyone why the 13th of October was chosen as the date for this special event. He explained it was chosen because it was the day that Our Lady of Fatima proclaimed to the world that she was the Lady of the Rosary and asked to pray it daily for peace in the world. Bishop Soto wanted to participate in the walk because of the situation in the Middle East and because the whole world needs peace.

The gathered people walked together from Our Lady of the Rosary to St. John the Evangelist Church in Carmichael, praying the Rosary for peace in the Middle East and the whole world. Many of the people who came were originally from the Middle East, including: Lebanon, Iraq, Iran, Syria, Jordan, Palestine and Egypt among others and from many other places.

The walk took about an hour long

and everyone enjoyed it. They were holding the statue of the Virgin Mary, a large cross, picture of the Virgin Mary, and the Sorority of the Immaculate Conception was carrying a giant Rosary. Bishop Soto led them in prayer through the four Holy Mysteries. They exalted the presence of Father Brendan McAnerney of St. George Melkite Church and Father Nabil Mouannes of Our Lady of the Rosary. The Rosary Walk finished at the chapel of adoration at St. John the Evangelist Church where Bishop Soto gave them a message of hope. They finished there with a litany to the Virgin Mary and the blessings of Bishop Soto to all gathered. The Bishop promised to join in another Walk for Peace next year. Stay tuned. After that, most people carpooled back to Our Lady of the Rosary filled with the spirit of hope and peace from the capital of California, Sacramento to the whole world.

See www.maronite-sac.org for more information.

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To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@CarmichaelTimes.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

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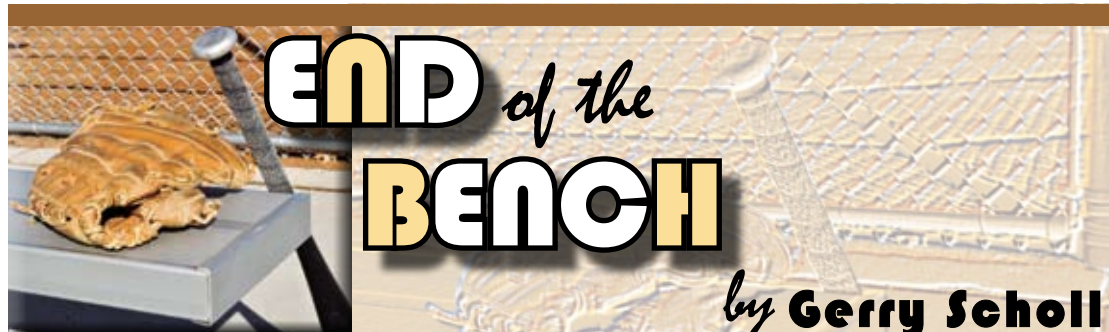
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Lions, Tigers and Bears! Oh, My!

Most of the talk after the San Francisco 49ers' 25-19 win Sunday at Detroit has been about the post-game hubbub between Lions coach Jim Schwartz and the Niners' Jim Harbaugh.

After smacking one another around for four hours, I'll bet a lot of the players (some captured on the videos) were having a pretty good laugh over the coaches' confrontation.

Schwartz, who has revived the Detroit team that was the worst in NFL history in 2008 at 0-16 but entered the game on a nine-game winning streak (5-0 this season), felt disrespected by Harbaugh's fly-by, "too hard of a handshake" on the field after the game. He should join his players in an on-field pileup and get involved in some kicking, grabbing, poking, gouging, etc., ...and a little disrespect.

At first glance I didn't think much of Harbaugh's "diss." Those post-game meet-and-greets are all for show anyway. They are all about protocol, and stroke-for-stroke — usually.

Obviously, Harbaugh is an excitable boy. The Lions have been roaring about their dominance and Schwartz was clearly mocking Harbaugh on the sidelines when the 49ers challenged Detroit's first touchdown illegally and took a penalty.

It appears Schwartz couldn't take his own medicine and Harbaugh thought he was still in college. The talk will swirl around for days, at least, and the bad vibes will persist right into a possible playoff rematch in January.

The whole thing just looks like

two guys who haven't "been there" before.

What about the game? On the heels of a 48-3 surprising thrashing of Tampa Bay the previous week, the 5-1 Niners ran right past the Lions' onrushing vaunted defense. Using the hosts' aggressiveness against them, the 49ers' offense did have the courage and created openings for their running game for a seven-yard average and 203 total yards, 141 by Frank Gore.

And, it was the Niners' top-of-the-league Red Zone defense that kept the game winnable, forcing the Lions to settle for field goals twice when they had first downs inside the six-yard line. Fearless leader quarterback Alex Smith, despite a sub-par overall game, pulled off his third straight fourth-quarter comeback victory on the road when he connected with Delanie Walker on fourth down with 1:51 left for the winning TD.

Switching to the baseball playoffs, the Detroit Tigers didn't have enough in the tank to keep the Texas Rangers from returning to the World Series. After five tightly contested games, the Tigers' pitching depth (no comparison to what the Rangers faced in losing to the Giants in last year's Series) proved to be far from Grrreat. Texas used 17 hits and eight walks to take the decisive Game Six, 15-5.

ALCS MVP Nelson Cruz (Mr. October II?) and his record six-home run performance would sure look good in the middle of the Giants' lineup. C'mon Giants! No more Hector, Deivi or Jose Cruz, Jr.,

please!

Manager Tony LaRussa's St. Louis Cardinals clinched the NLCS Sunday, 12-6 over Milwaukee, to reach the Series from their wild card spot. The Card's scored 43 runs in six games against the Brewers' respectable staff (and lousy defense). There should be plenty of slugfests ahead.

And, your Oakland A's will be well represented. Both LaRussa and Texas manager Ron Washington are former A's. Maybe the A's could have reached a Series with an outfield of Nelson Cruz, Andre Ethier (a Dodger), and Carlos Gonzalez (a Rockie) — all formerly in Oakland's system. That's "Lack-o'-Money Ball" for you.

I've also been trying to get into college football on the tube a bit lately. All the pre-game pageantry and enthusiasm and the packed stadiums are quite something. But most of the games have been something else — too many lopsided scores and no intensity late.

Maybe I've just been picking the wrong games to watch — like Cal-Oregon and Cal-USC. Go, Bears! Grrr! Oh, my!

The season for Cal looked somewhat promising after impressive wins over Fresno State and Colorado, and a great effort while losing at Washington. But, those last two horrible losses, 43-15 and 30-9, respectively, have coach Jeff Tedford, with his Cal record 75 wins, suddenly on the hot seat.

Hopefully for him, that's nothing that a newly renovated stadium next season won't cure.



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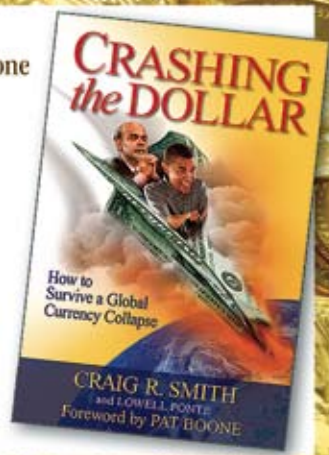
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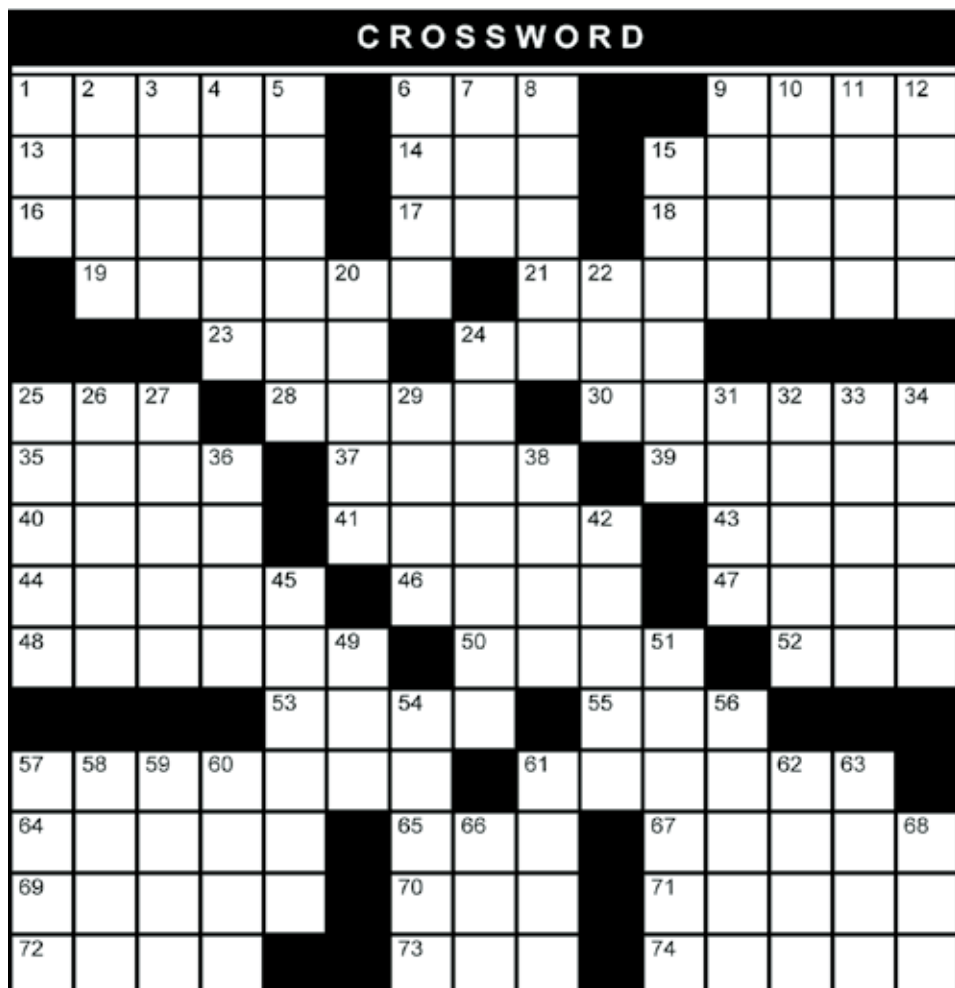
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CLUES

- ACROSS**
- His/her right arm is raised in boxing
 - Departing agency
 - Alight, past tense
 - Western neck ornaments
 - Cul de ____
 - Co-exists with fauna
 - One who's overly sentimental
 - Recent or new, prefix
 - Worry or cause anxiety
 - Bigwig
 - Viewers of this die in 7 days
 - Unit of electrical resistance
 - Michael Myers' move, e.g.
 - Acid drug
 - Kick out
 - Easy on/off clothing
 - Throat-clearing sound
 - ____ Paxton, of 2009's "The Last House on The Left"
 - Piano practice piece, e.g.
 - a.k.a. French Sudan
 - Beyond suburb
 - Algonquian people living in central Canada
 - Russian crepes
 - Arabian chieftain
 - Kept in certain state
 - Results of child's outdoor play?
 - Miners' passage
 - Boundary Waters entry point
 - Counterfeit
 - Norwegian "Take On Me" band
 - "Bela Lugosi character
 - Feet-first delivery
 - Desert havens
 - Originally the Radio Corporation of America
 - Intended to deceive
 - Shrewdness
 - La Cosa Nostra, e.g.
 - Jargon
 - Floor plank
 - "Is it ____ wonder?"
 - Many affirmatives
- DOWN**
- "Two and a Half Men" network
 - Ungulate's foot
 - ____ Romeo
 - "Semper Fidelis" to U.S. Marines, e.g.
 - "Featured Bates Motel play?"
 - Is not
 - National Academy of Engineering
 - "He directed "Alien"
 - Having wings
 - Lesotho money
 - De-wrinkler
 - Tart spiciness
 - Faint
 - What some parks do
 - Owens
 - Swellings of the thyroid gland
 - "Clarice wanted them silent
 - "Thou ____ not envy"
 - Short for Cordelia
 - Original home of the Saxons
 - It itches
 - Make drinkable
 - Scott ____ Newbery Medal-winning children's author
 - Attention-seeking
 - Austin Powers' ____-Me
 - Like Arizona in summer
 - ____ patch
 - Sleep
 - Salt in Mexico
 - "Scientist-turned-insect flick
 - Cause and effect cycle?
 - Bird of prey nest
 - "Cujo" and "Man's Best Friend" featured them
 - Ralph in Spanish
 - It covers 8.7% of Earth's surface
 - Occupied Britain in pre-Roman times
 - "Rosemary's ____"
 - Soda pop recyclables
 - Immense
 - Opposite of pro
 - ____ and don'ts"

For Solution See Page 7

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		5	6	4	1	2	
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.
Come back every week for Sudoku! For Solution See Page 7.

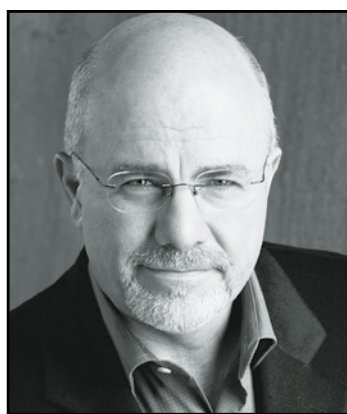
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Dave Says

Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – *The Total Money Makeover*, *Financial Peace Revisited* and *More Than Enough*. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.

Time to break out the Lunchbox!

Dear Dave,
I love your plan, but I think my husband is attached to eating out. Budgeting is very hard for him, and the cost of his fast food lunches is making it difficult for us. He's also taken a salary cut recently, and I'm working a part-time job to help us get by. Can you give him some tough love from a male perspective?

- Valerie

Dear Valerie,
It sounds to me like you've been way too nice. You're acting like a mother dealing with little kid, and that's not a good way to relate to a

husband. Plus, if you guys are having money problems, the only time either of you should see the inside of a restaurant is if you're working there!

A man has several jobs in life, and one of those is to take care of his wife and children. You're wife shouldn't have to work so you can stuff your face with fast food. When you married him, you didn't want a little boy. You wanted a man. He needs to grow up and start acting like one!

That being said, my perspective probably won't help. There's a saying that goes, "Those convinced against their will are of the same opinion still." He needs a serious change of heart. You said you love my plan, right? Then sit down with this guy, and show him the numbers. Show him where all the money is going, and tell him it's just plain wrong for him to eat out all the time while you have to work just to make ends meet.

People can do all kinds of things when they're stressed out because of money problems. I'm sure taking a cut in salary was a blow to his self-esteem. However, it's time for a strong wake-up call when these behaviors start to have a negative impact on family and finances!

- Dave

Let's Wait a While ...

Dear Dave,
I'm a sophomore in college, and I earn about \$1,500 a month at my job. My rent is \$500 a month. I don't really have a credit history, but I've

saved \$20,000, and I'm thinking about using it as a down payment on a \$140,000 home. Would this be a good idea?

- Gil

Dear Gil,

I wouldn't do it. I love the fact that you're working while you're in school. Saving that much money is fabulous, especially for someone who's not even 20 years old!

I almost did the same kind of thing when I was in college. I was into real estate, and I really wanted to test my wings and buy something. Looking back on it, though, I'm glad I didn't. It would have been a huge mistake.

College can be a bumpy enough ride, even for the most responsible student. If you lost your job you'd be in a real mess, and with your stated income you wouldn't have a lot of breathing room. Plus, the two years following graduation have the potential to be the most permanently life-changing period you'll ever experience. You could move across the country for a new job, get married, or decide to attend graduate school. In any of these situations, a house would turn into an anchor around your neck.

Being a renter is a great thing while you're still in school. In the meantime, keep piling up cash until you're ready to settle down!

- Dave

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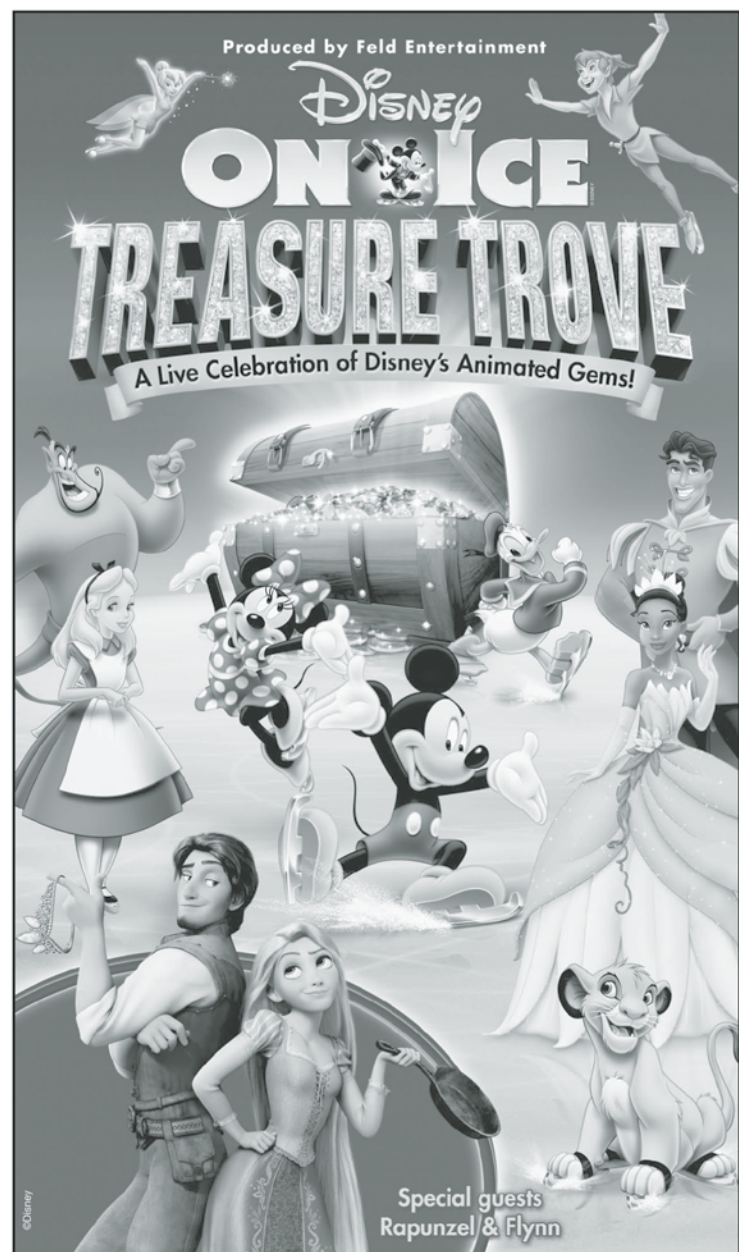
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Free Workshops for College-bound Students Offered

Sacramento Region – The Sacramento Public Library will present free informational programs for college-bound students, led by Kaplan College Testing representatives.

Registration is requested for all programs by registering at the library branch, online at www.saclibrary.org, or calling (916) 264-2920.

College Application Essay Workshop: Wednesday, October 26 at 6 p.m. Carmichael Library, 5605 Marconi Avenue, Carmichael. Students and parents will learn what college admissions officers want to see in an essay. The workshop will examine the types of topics students will encounter, cover the four steps to writing a winning essay, and critique a sample admissions essay.

Paying For College 101: Wednesday, November 9 at 6 p.m. Carmichael Library, 5605 Marconi Avenue, Carmichael. Attendees will learn the basics of applying for financial aid, important dates and terminology, how financial need is determined, and the difference between various award types.

College Scholarships: Wednesday, November 9 at 6:30 p.m. Arden-Dimick Library, 891 Watt Avenue, Sacramento. Learn tips on finding and applying for college scholarships.

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ROCK DOC

By Dr. E. Kirsten Peters

I spent this past summer trudging through six-mile treks each weekend with two good friends. We walked along the edge of wheat fields outside of town. (My friends and I qualify as middle-aged ladies, so the walks counted as significant exercise. Sad but true.) One of the interesting things about the walks was simply observing the growth and ripening of the wheat fields by which we passed.

We depend on wheat for bread, pasta, animal feed, noodles and – perhaps most importantly – fresh-baked cinnamon rolls. Watching a whole field of wheat grow up, turn from green to gold, and finally be harvested is a magical production that never grows old, at least for us hayseeds.

In the old days wheat grew tall, some of it to a height of six feet. But around the time I was born wheat researchers launched the “Green Revolution” that created wheat with much shorter stature. That was important because it meant farmers could pour on as much fertilizer and water as they were able without leading to wheat so tall it would topple over. In total, the Green Revolution roughly doubled the amount of wheat available worldwide – quite

Breeding Better Wheat

an accomplishment, but one of the truly astounding aspects of technical progress to which we adapt so quickly we soon take it for granted.

Recently I had the good fortune to talk with a wheat breeder who knows the history of the Green Revolution and who is immersed in the next wave of research promising new progress for wheat production. Professor Kulvinder Gill is an ag researcher who made time to help this rockhead learn about both what the Green Revolution accomplished and one unfortunate side-effect it may have introduced into many strains of wheat.

“We believe that what reduced the height of the wheat also compromised a plant hormone called gibberellic acid (GA for short),” Gill told me. “One way of putting it is that we want a different way of dwarfing the wheat plant that leaves the GA alone.”

One of the great challenges many wheat farmers face is growing wheat where rain is scarce. (Think of the Dakotas or west Texas. My eyes smart from the dust just cogitating on what a July afternoon there can be like.) About 85 percent of American wheat comes from low rainfall areas – places where what’s called “desert wheat” would be a big help to farmers and therefore to all of us whom farmers feed.

One way to help wheat grow well in low-rainfall areas is to plant it two to three times deeper than you would elsewhere. Water is indeed down at that level in the soil, but of course if you plant at depth it means the little seedlings have to have the “oomph” to grow to the surface and emerge.

“We also want a big root system

for dry conditions,” Gill told me. “More roots so that each wheat plant draws in more moisture.”

Beyond that, it’s good to have roots that go downward, rather than spread laterally. Competing with a neighboring plant by having the first wheat plant send its roots laterally into a neighboring plant’s domain doesn’t do either of them any good. So downward growing roots are what Gill and his colleagues hope to promote.

There’s a lot of painstaking work involved in breeding wheat. Researcher and their assistants use small scalpels to remove part of the reproductive organs on heads of wheat, then wait and finally cross-fertilize them with another strain.

The offspring of wheat produced this way has to be raised for four or five succeeding generations in order for it to breed true. Even in greenhouses where wheat will grow year round, that involves a couple of years in itself.

“But I’m sure that in 5 to 10 years we’ll have ‘desert wheat’ that’s ready to be planted by farmers,” Gill told me.

In many parts of both the U.S. and the developing world, wheat that can flourish with little rain would be most welcome.

A lot more than cinnamon rolls are at stake.

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rockdoc.wsu.edu and on Twitter @RockDocWSU. This column is a service of the College of Agricultural, Human, and Natural Resource Sciences at Washington State University.

SCC Music News: Pops Concert

Sacramento Region – The Sacramento City College Choral Department, under the direction of Doreen Irwin, will present its Fall “Pops Concert”, featuring student soloists presenting popular vocal tunes. The concerts will be presented on the following dates:

- Thursday, November 3 at 12:10 pm. Admission for this concert is free.
 - Friday, November 4 at 8:00 pm. Admission for this concert is \$5.00.
- Both concerts will be located in Room A27 of the Auditorium Building, on the Sacramento City College campus.

The Sacramento City College campus is located at 3835 Freeport Blvd., Sacramento 95822. For more information, contact Doreen Irwin at 558-2496.

Weekly Support Meeting for Widowed Men and Women

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Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00 pm – 5:00 pm with some going to dinner as a group following the session. Doors open at 2:30 pm. The Widowed

Persons Association is a non-profit organization whose mission is to be of help to recently widowed men and women, but any and all widows and widowers are welcome. Participants do not need to be members and there is no charge. **Where:** In the meeting room of the WPAC office.

Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18, Enter Suite-18 via the back parking lot. **Widowed Persons Association of California**
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FICTITIOUS BUSINESS NAME STATEMENT #1108127. Marcus B. Bernau and Cynthia E. Smith, both of 7353 Circle Way, Citrus Heights, CA 95621 are doing business under the Fictitious Business Name "Elegant Designer Closets" at 7353 Circle Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on Sept. 22, 2011. Publish September 28, October 5, 12, 19, 2011.
ELEGAN 10904 10-19-11

FICTITIOUS BUSINESS NAME STATEMENT #1107851. N&T Realty, Inc., 7917 Fruitridge Rd. #G-2, Sacramento, CA 95820 is doing business under the Fictitious Business Name "Admin Savings" at 7917 Fruitridge Road #G, Sacramento, CA 95820. Filed with the Clerk of Sacramento County on Sept. 14, 2011. Publish September 28, October 5, 12, 19, 2011.
ADMINS 10904 10-19-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00110959

WHEREAS, Dillon Thomas Soper has filed a petition with this court for a decree changing name of Dillon Thomas Soper to Dillon Thomas Rossi. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Dec. 30, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 16, 2011. Kevin R. Culhane Judge of the Superior Court Publish September 28, October 5, 12, 19, 2011.
ROSSI 10904 10-19-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00110417

WHEREAS, Mary Ann Bennett-Treadaway has filed a petition with this court for a decree changing

name of Mary Ann Bennett-Treadaway to Mary Ann Bennett. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Dec. 16, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 7, 2011. Kevin R. Culhane Judge of the Superior Court Publish September 28, October 5, 12, 19, 2011.
BENNET 10904 10-19-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00110240

WHEREAS, Van Le Thich has filed a petition with this court for a decree changing name of Van Le Thich to Vanessa Thich. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Dec. 9, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 6, 2011. Kevin R. Culhane Judge of the Superior Court Publish September 28, October 5, 12, 19, 2011.
THICH 10904 10-19-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00111017

WHEREAS, Henry Nguyen Huynh has filed a petition with this court for a decree changing name of Henry Nguyen Huynh to Henry Nguyen. IT IS ORDERED that all persons interested in the above

entitled matter appear before this court at 1:30 p.m. on Dec. 30, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 19, 2011. Kevin R. Culhane Judge of the Superior Court Publish September 28, October 5, 12, 19, 2011.
NGUYEN 10904 10-19-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00111298

WHEREAS, Linda Nannini has filed a petition with this court for a decree changing name of Linda Carol Nannini to Linda Carol Disney. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Jan. 6, 2012 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 23, 2011. Kevin R. Culhane Judge of the Superior Court Publish October 5, 12, 19, 26, 2011.
DISNEY 11001 10-26-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00111208

WHEREAS, Michael David Blaine has filed a petition with this court for a decree changing name of Michael David Blaine to Michael David Blaine. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Jan. 6, 2012 in Dept. 16, located at 720 9th St., Room 102, Sacramento,

CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 22, 2011. Kevin R. Culhane Judge of the Superior Court Publish October 5, 12, 19, 26, 2011.
BLAINE 11001 10-26-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00110867

WHEREAS, Marcos Robert Deanda has filed a petition with this court for a decree changing name of Marcos Robert Deanda to Willie Kent. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Dec. 30, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 15, 2011. Kevin R. Culhane Judge of the Superior Court Publish October 5, 12, 19, 26, 2011.
KENT 11001 10-26-11

FICTITIOUS BUSINESS NAME STATEMENT #1108485. Liddell Enterprises Inc., 925 National Dr. #101, Sacramento, CA 95834 is doing business under the Fictitious Business Name "Classic Promotions" at 925 National Dr. #101, Sacramento, CA 95834. Filed with the Clerk of Sacramento County on Oct. 5, 2011. Publish October 12, 19, 26, November 2, 2011.
CLASSI 11002 11-2-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00109971

WHEREAS, La' Creshe Shanaya Acevedo has filed a petition with this court for a decree changing name of La' Creshe Shanaya Acevedo to Kara Acevedo. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Dec. 2, 2011 in Dept. 13, located at 720 9th St., Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Aug. 30, 2011. Kevin R. Culhane Judge of the Superior Court Publish October 12, 19, 26, November 2, 2011.
ACEVED 11002 11-2-11

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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00111601

WHEREAS, Blayne Irving has filed a petition with this court for a decree changing name of Blayne Irving to Eviyl Blayne. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Jan. 13, 2012 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 30, 2011. Kevin R. Culhane Judge of the Superior Court Publish October 12, 19, 26, November 2, 2011.
BLAYNE 11002 11-2-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00109971

WHEREAS, La' Creshe Shanaya Acevedo has filed a petition with this court for a decree changing name of La' Creshe Shanaya Acevedo to Kara Acevedo. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Dec. 2, 2011 in Dept. 13, located at 720 9th St., Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Aug. 30, 2011. Kevin R. Culhane Judge of the Superior Court Publish October 12, 19, 26, November 2, 2011.
ACEVED 11002 11-2-11

NOTICE OF PETITION TO ADMINISTER ESTATE OF BARBARA K. SAIA (deceased). To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of BARBARA K. SAIA (deceased):

Barbara K. Saia, deceased on or about September 12, 2011, you are hereby notified that S. Reno Saia is the executor/trustee of Barbara K. Saia's estate. At this time no probate administration is contemplated regarding the above referred decedent estate. Any action to contest the validity of the will must be brought in the Court of Sacramento County, California within the latter to occur sixty days from the Date of the second publication of this notice, or thirty days from the date of mailing this notice to all heirs of the decedent, spouse of the decedent, and beneficiaries under the will/trust whose identities are reasonably ascertainable. Any claim not filed within this period shall be forever barred. Notice is further given that all persons indebted to the decedent or to the estate are requested to make immediate payment to the undersigned executor/trustee. Creditors having claims against the estate must mail them to the executor/trustee via certified mail, return receipt requested, unless creditors claims are mailed by the latter to occur at sixty days from the second publication of this notice or thirty days from the date of mailing this notice, a claim shall be forever barred, unless otherwise allowed or paid. Dated: September 26, 2011. Executor: S. Reno Saia, 1508 Wyant Way, Sacramento, CA 95864. Publish October 19, 26, November 2, 9, 2011.
SAIA 11003 11-2-11

FICTITIOUS BUSINESS NAME STATEMENT #1108438. Nichlas Pantis, 4104 Marshall Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Catering Center" at 7600 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Oct. 5, 2011. Publish October 19, 26, November 2, 9, 2011.
CATERI 11003 11-9-11

FICTITIOUS BUSINESS NAME STATEMENT #1108485. Liddell Enterprises Inc., 925 National Dr. #101, Sacramento, CA 95834 is doing business under the

Fictitious Business Name "Classic Promotions" at 925 National Dr. #101, Sacramento, CA 95834. Filed with the Clerk of Sacramento County on Oct. 6, 2011. Publish October 19, 26, November 2, 9, 2011.
LIDDEL 11003 11-9-11

FICTITIOUS BUSINESS NAME STATEMENT #1108470. Jakobus Vos, 5327 Constellation Way, Sacramento, CA 95841 is doing business under the Fictitious Business Name "The Yard Butlers" at 5327 Constellation Way, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on Oct. 6, 2011. Publish October 19, 26, November 2, 9, 2011.
THEYAR 11003 11-9-11

FICTITIOUS BUSINESS NAME STATEMENT #1108647. Joseph M. Dolce, 1713 Daphne Ave., Sacramento, CA 95864 is doing business under the Fictitious Business Name "16Squarez" at 1713 Daphne Ave., Sacramento, CA 95864. Filed with the Clerk of Sacramento County on Oct. 12, 2011. Publish October 19, 26, November 2, 9, 2011.
16SQUA 11003 11-9-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00111998

WHEREAS, Shu Chuan Wu has filed a petition with this court for a decree changing name of Annie Lin to Annie Eliana Lin. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Jan. 20,

2012 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Oct. 7, 2011. Kevin R. Culhane Judge of the Superior Court Publish October 19, 26, November 2, 9, 2011.
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Arts, Entertainment and Other Fun Things to do!

Soroptimist International of Metropolitan Sacramento to Host Showing of "Superior Donuts" at Capital Stage Friday, October 28

Sacramento – Soroptimist International of Metropolitan Sacramento will host the October 28 performance of "Superior Donuts" at Capital Stage's brand new location on 2215 J Street in the heart of Midtown. Cost per ticket for the Friday, October 28 performance is \$45.00, a portion of which is tax-deductible.

All proceeds will support SIMS' Community Assistance Fund, which awards grants to local non-profit organizations serving women and

children in the greater Sacramento region. Each ticket purchase includes discounts at midtown restaurants. Beer and wine will be available at the event. Curtain time is 8:00 PM.

"Superior Donuts," a play by Tracy Letts, has been called "...sassy, funny, urban, and reflective of a world that people in cities encounter every day..." This is the Sacramento debut for the play, which kicks off Capital Stage's 2011-2012 season.

Soroptimist International of Metropolitan Sacramento is a non-profit (501)(c)(3) charitable service organization. We are a local affiliate of Soroptimist International of the Americas, an organization for business and professional women who work to improve the lives of women and girls in local communities, and throughout the world.

For tickets and/or information e-mail SIMSEvents@sacmetrosoroptimist.org

Garrison Keillor Plans One More Sacramento Appearance Tickets to go on Sale this Saturday

Sacramento Region – Fahn & Company proudly presents "An Evening With Garrison Keillor" on Sunday, March 4, 2012 at the Sacramento Community Center Theater. Reserved seats for this intimate engagement will go on sale this Saturday, October 15th at 10:00 AM.

This beloved author, storyteller and humorist has written for The New Yorker, penned a screenplay, written countless newspaper columns and has more than a dozen books to

his credit. But Keillor may be best known for his enormously popular and award winning radio show, now in its 37th season, "A Prairie Home Companion", heard every week by millions of fans worldwide and locally on Capital Public Radio's KXPR-FM and KXJZ-FM.

As reported by USA Today, ABC News, MSNBC and other major media sources, Mr. Keillor has announced he plans to retire from "A Prairie Home Companion" in the

spring of 2013.

This could be his final appearance in Sacramento! Don't miss the chance to see Garrison Keillor at the Sacramento Community Center Theater, Sunday, May 4, 2012 at 7:00 PM. All seats are reserved and go on sale promptly at 10:00 AM this Saturday, October 15th at the Sacramento Convention Center Box Office, 1301 L Street, online at www.tickets.com or charge by phone at (916) 808-5181 or (800) 225-2277.

SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

Exhibition Schedule

October 4-29, 2011 "Bold Expressions", NCA Open Show November 1-19, 2011 Annual Photography Show November 22-December 3, 2011 December 9-11, 2011 Ars Gratia Artis Holiday Craft Fair

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Northern California Arts 2011 Bold Expressions October 4-29



Best of Show "Emily Crying 2" by Annie Murphy-Robinson



In Gallery 3 Month of October

ONE MINDS EYE- Abstract Digital Paintings by Richard R. Ashby

Just in Time for the Holidays Gallery Viewing November 22 - December 3, 2011 Reception December 4, 2011 at 1-3 pm, Drawing at 3pm.

5330-B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713 Hours: Tuesday 11 am-7 pm, Wednesday through Saturday 11 am-3 pm. www.sacfinearts.org

Sacramento Master Singers Presents "From Sand to Pearls, a Choral Tribute to Perla Warren"

Sacramento Region – The Sacramento Master Singers, together with the American River College Chamber Singers, R.S.V.P., and Moodswing, will present "From Sand to Pearls, a Choral Tribute to Perla Warren" on Friday, October 28th, and Sunday, October 29th, in the American River College Theater.

Perla Warren, a master choral conductor, teacher, classical pianist, and

choral jazz luminary guided the voices of numerous aspiring choral singers and inspired a love of the choral arts in generations of local musicians. These concerts will pay tribute to Mrs. Warren's life's work in the choral arts and express appreciation for her tireless efforts and dedication to our community.

A choir comprised of Mrs. Warren's student alumni from her many years on

faculty at American River College will complete the concerts. The concerts will occur at American River College, 4700 College Oak Drive, in Sacramento on October 28 and 29 at 7:30 PM.

Tickets for "From Sand to Pearls, a Choral Tribute to Perla Warren" are \$20 and can be purchased online at www.mastersingers.org, or by phone by calling (916) 788-7464, or at-the-door one hour before each concert.

Mark Your Calendars

Carmichael – The Effie Yeaw Nature Center, one of the beloved landmarks in the Sacramento area, was once a Sacramento County entity and is now under the guidance of the non-profit American River Natural History Association.

The Center, which faced closure in 2010, has rebounded quite nicely

and now offers a wide variety of programs and activities on its 77 acre nature preserve. We invite you to attend our Naturefest, which will take place on Sunday, October 23, 2011. It will include a wide variety of demonstrations, activities, displays and live animal presentations, including a Mountain Lion, Lynx

and Bats. There will also be a number of other nature-related vendors and Associations attending the event.

There is a \$5 per car parking fee in Ancil Hoffman Park.

For more information see <http://www.sacnaturecenter.net>



Carmichael Recreation and Park District is announcing these upcoming events

Carmichael's Celtic Festival

Sunday, October 23, 11am-4pm FREE for all ages



Danny Bishop Memorial Pavilion for the Performing Arts Carmichael Park, 5750 Grant Avenue Carmichael, CA 95608

Join us at the Carmichael Park Band Shell for a day full of Celtic fun! There will be music, food, athletics, pipe bands and more all representing the Celtic culture. This event is sponsored by the St. Andrew's Society of Sacramento.

Patriots Park Wall of Honor

Saturday, November 5, 10am

Join us in honoring our local heroes at Patriots Park, 6825 Palm Avenue, Fair Oaks, CA 95628. All members will be recognized. The District is always looking for nominations for the Wall of Honor. Please call (916) 485-5322 x23 for more information!

KIDS HANG OUT!

at La Sierra Community Center Pick-up at designated schools available!

See our website for more information.



Every Sunday at Carmichael Park 8AM-1PM

5750 Grant Avenue, Carmichael, CA 95608

Entrance on Grant Avenue off Fair Oaks Blvd.



For more information call the District at (916) 485-5322 or visit our web page at www.carmichaelpark.com.

FREE Travel Program

WEDNESDAY, NOVEMBER 9
Extended Vacations Travel Show at 10 am
Packing Light Demo by Jon Holloway at 11 am

MISSION OAKS COMMUNITY CENTER

Extended Tours

- Italian Vistas March 12-24, 2012 • \$4,029 pp double
- Southern Charm April 22-29, 2012 • \$2,404 pp double
- Netherlands, Belgium, and Paris May 7-17, 2012 • \$4,249 pp double

Luxury Motorcoach

- 2021 Rose Parade December 30, 2011-January 3, 2012 • \$1450pp/double Deadline: November 1, 2011
- Holiday Sample Sale Saturday, November 26, 2011 • Pier 39 and Union Square
- Winter Wonderettes Wednesday, Dec 7, 2011 • \$117/person Includes show tickets and lunch in Jamestown

Monthly newsletter available online and at the community center for additional classes and events.

For more information call (916) 972-0336 or go to www.morpd.com.

Holiday Craft Faire

SATURDAY NOVEMBER 5, 2011 9AM-3PM
FREE ADMISSION!

Afternoon Preschool

2011-12
Register Online@morpd.com
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Registration Hours:

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Shop with us at the Carmichael Park Farmers' Market, every Sunday, 8-1
Serving you every Sunday All Year Round!
Other Farmers Market Locations include:
Sunrise Mall, Citrus Heights
Every Saturday, 8:00 am to 1:00 pm



We will be hosting a pumpkin patch for the month of October.
People can pick out pumpkins and paint them too! Starting October 8.

We Have 55+ Farmers/Vendors to Choose From.




Artisan/Craft Fair
Saturday October 30 • 8:00 am-4:00 pm
Carmichael Park Clubhouse
5750 Grant Avenue, Carmichael, CA 95608
Crafters & Artisans are encouraged to Register:
(916) 484-7000 or at www.bemoneysmartusa.org
Over 40 Artisan & Craft Vendors selling Fall and Holiday gift items: Jewelry, blown glass, original art, home décor, pottery, unique clothing & textiles, wood carvings, metal work, yard décor, home made soaps, candles and more! Also featuring:
Farmers Market & Specialty Food Vendors
FREE Kids Craft Activities
Live Music
A "Thriller" of a Surprise...Shhhh!

Carved Pumpkin Contest
Carved pumpkins will be on display for your viewing pleasure. Vote on your favorite. Anyone can participate! Winner will receive a \$100 Visa Gift Card. Just bring your pumpkin entry on Sunday, October 30 by 8:00 am. Winners announced at 3:30 p.m.!

New Arrivals:

- Azolla Organic Farms • Capay Organic Farms • Sunshine Organic Farms
- Nicasio Cheese • Penrod/Howze Honey • Butte Family Farms Organic Eggs & Produce
- Ge Lao Fresh Cut Flowers • Dragon Gourmet Mushrooms
- Leatherbys Ice Cream • Green Frog Soaps and Scents • Unique Salsa from Live Food Academy • Venezuelan Arepas from KAS Foods • Gourmet Goat Cheese by Jollity Farms
- Fresh Baked breads by Sacramento Baking Company • Healthy Homemade Dog food by Vibra Pet • The best pastries in town by BeckyJoPies • Organic Vegetables and fruits from Fasue Farms, Rio de Parras Farms and Loving Nature Farms.


Marie Hall, Executive Director • (916) 806-3989
info@bemoneysmartusa.org • www.bemoneysmartusa.org



Carmichael Chamber of Commerce

Carmichael Chamber Luncheon
Tue, Oct 25, 2011 from 11:30am - 1:00pm @
Cypress Avenue Baptist Church


Speaker is Sherrie Carhart with Sacramento County Sheriff's Dept. discussing Neighborhood Watch program for businesses and residents. Luncheon meeting is held in the Education Building and is the Chamber General Meeting & Luncheon. Raffle prizes! Register by Thursday, Oct. 20. \$15 Members; \$20 Guests; Members who don't pre-register will be charged the non-member price of \$20 at the door. On-line pre-registration will close on Sunday night.
Contact: Linda Melody Email: linda@carmichaelchamber.com
Phone: 916-481-1002



September Luncheon speaker Ryan Jack on Social Media. Photo from website.

Carmichael Chamber Mixer
Wed, Nov 9, 2011 from 5:30pm - 7:30pm @
Strategies to Empower People (STEP)

Free food and drink and great networking opportunities. Bring a raffle prize and plenty of business cards.
Contact: Linda Melody • Email: linda@carmichaelchamber.com
Phone: 916-481-1002



October Shred Day Shreds 200 boxes of documents for Carmichael. Raises funds for Carmichael Parks and the Chamber. Photo from website.

Contact us for more information on the Carmichael Chamber of Commerce
Phone (916) 481-1002 • Fax (916) 481-1003 • www.carmichaelchamber.com



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www.First5SacDental.org
Featuring children and parent dental resources, videos and great oral health tips.



October Spa Savings

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\$59 (reg. \$80)

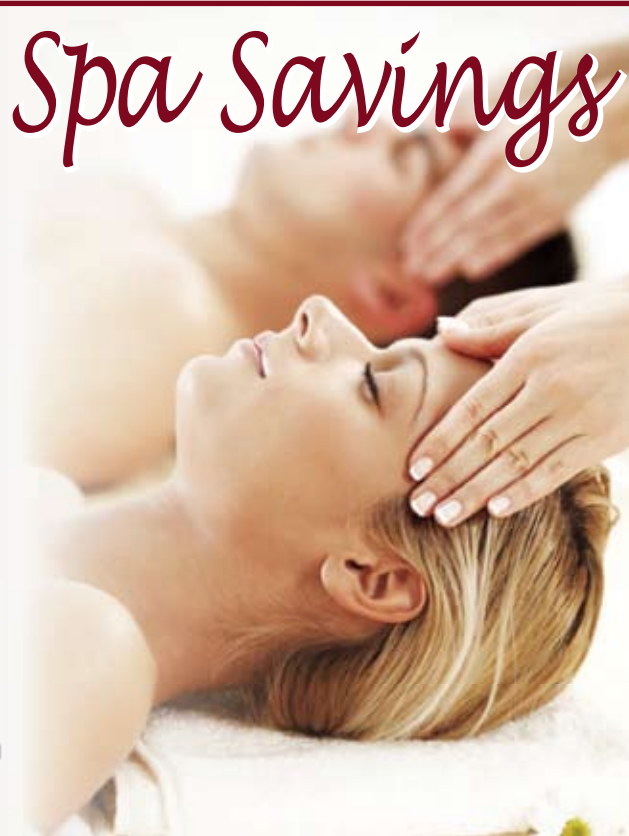
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